

# Results and Recommendations From the NIAAA Task Force on College Drinking: *New Opportunities for Research and Program Planning*

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## Treating Addictions in Special Populations: *Research Confronts Reality*

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October 7 and 8, 2002  
Binghamton Regency Conference Center  
Binghamton, New York

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## Why Was the Task Force Created?

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- Increasing Public and NIAAA Concern
- Congressional Inquiries
- Gaps in Research
- Need to provide science-based information to colleges
- Bring research to the forefront of the discussion

# Composition of Task Force

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- 15 College Presidents
- 17 researchers
- 8 college students
- 4 High School Students
- Chairs:
  - Rev. Edward Malloy (U.N.D.)
  - Dr. Mark Goldman (U.S.F.)

# Task Force Goals

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- Provide new, comprehensive data on the extent of the problem
- Advise NIAAA and other policymakers on gaps in knowledge to inform future research to improve campus prevention and treatment programs
- Provide presidents, policymakers, and researchers with information and recommendations on the effectiveness of current interventions and encourage them to embrace rigorous methodology and research-based solutions in general

## Why is the Task Force Unique ?

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- First project of such length (3 years) involving presidents and researchers who deliberated to reach their conclusions
- First NIH report on college drinking to offer recommendations based on a comprehensive review of the research literature
- First report to offer tiered, research-based recommendations to presidents and staff
- Offers a comprehensive research agenda to address gaps in knowledge

# Task Force Products

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- Task Force Report
- Two Panel Reports
- 24 scientific papers (see handout):
  - 1 published in the *Journal on Alcohol Studies*
  - 18 published in a supplement to the *Journal on Alcohol Studies*
- Brochures for parents, presidents, and RAs/Peer Educators
- Planning Guide for college staff on how to implement and evaluate intervention programs
- Web site
- CD - Rom

# Major Sections of the Task Force Report

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- Extent of the Problem
- Research-based recommendations for Presidents
- Recommendations for future research
- Research Recommendations for NIAAA

# Magnitude of College Drinking Consequences

*(all statistics are annual)*

- 1,400 Alcohol-Related Unintentional Injury Deaths (1,100 Traffic)
- 2.1 Million Drove Under the Influence
- 500,000 Injured
- 400,000 Had Unprotected Sex
- 100,000 Had Sex When Unable to Consent
- 70,000 Victims of Sexual Assault
- 600,000 Assaulted

# Research-based Recommendations for Presidents and Programming Staff

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- 3 in 1 Framework
- “Tier” Approach

# The 3 – in – 1 Framework

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The **3-in-1 Framework** is a useful introduction to encourage presidents, administrators, college prevention specialists, students, and community members to think in a broad and comprehensive fashion about college drinking.

# The 3 – in – 1 Framework

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- Individuals, including at-risk or alcohol-dependent drinkers
- Student body as a whole
- College and Surrounding community

# Task Force Recommendations

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- **Tier 1** Evidence of Effectiveness Among College Students
- **Tier 2:** Evidence of Success With General Populations That Could Be Applied to College Environments
- **Tier 3:** Evidence of Logical and Theoretical Promise, But Require More Comprehensive Evaluation
- **Tier 4:** Evidence of Ineffectiveness

# Recommendations for the Research Community

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- High priority on evaluation research
- Well-designed evaluation studies...
  - Increase likelihood of program effectiveness
  - Maximize use of resources
  - Validate program credibility

## Recommendations for the Research Community

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- Extract more and better information from existing research databases
- Develop standards for assessing campus alcohol problems, monitoring trends, and evaluating programs
- Improve existing data systems (e.g. FARS) to more accurately monitor college drinking deaths over time

## Recommendations for the Research Community

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- Collaborate with universities to capitalize on “natural experiments”
- Partner with universities on short-term evaluations of popular, common-sense prevention strategies
- Assist universities in using research-based evidence to improve alcohol policies and programs

## Recommendations to NIAAA: *Improving Research Methods*

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- Implement a national surveillance and data system for all U.S. colleges and universities
- Support development of state-of-the-art screening and assessment measures

## **Recommendations to NIAAA: *Lengthy and Complex Research***

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- Longitudinal studies of youth – early adolescence to young adulthood
- Measuring effectiveness of campus-community coalitions
- Multi-site campus trials of promising strategies

## Other Task Force Recommendations to NIAAA

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- Disseminate research-based information to all college campuses
- Expand funding to support college drinking research on as many campuses as possible

# Ongoing NIAAA Activities

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- Web site
- Regional Workshops
- Annual updates
- Research funding available from NIAAA: \$ 8 million over next two years

# Conclusion

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- Task Force conclusions are not an end, but a beginning
- Provides the foundation for science, rather than anecdote, to guide college drinking prevention efforts

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**Scientific Papers  
Commissioned by  
The  
NIAAA Task Force  
On College Drinking**



## Papers Commissioned by Panel 1: Contexts and Consequences

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- Magnitude of Alcohol Related Mortality and Morbidity Among U.S. College Students Ages 18-24--Ralph Hingson, et al.
- Measuring College Alcohol Use and Abuse The Method Shapes the Message--George Dowdall and Henry Wechsler
- Epidemiology of Alcohol Uses Among College Students--Patrick O'Malley
- Student Factors: Understanding Individual Variation in College Drinking--John Baer
- Today's First Year Students and Alcohol--Lee Upcraft
- So What is An Administrator to Do?--Susan Murphy
- College Factors Influencing Drinking--Phil Meilman and Cheryl Presley
- A Developmental Perspective on Alcohol Use and Heavy Drinking during Adolescence and the Transition to Young Adulthood--John Schulenberg and Jennifer Maggs
- Alcohol Use and Risky Sexual Behavior Among College Students--Lynne Cooper
- Surveying the Damage: A Review of Research on Consequences of Alcohol Misuse in College Populations--Wesley Perkins
- Alcohol and Aggression on College Campuses--Peter Giancola
- Alcohol and Sexual Assault: A Common Problem Among College Students--Antonia Abbey
- The Adolescent Brain and the College Drinker: Biological Basis of Propensity to Use and Misuse Alcohol--Linda Spear

## Papers Commissioned by Panel 2: Prevention and Treatment

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- Individually Oriented Interventions--Mary Larimer
- Campus Norm Setting--Wesley Perkins
- Environmental Policy--Traci Toomey and Alexander Wagenaar
- Effects of Uniform Age 21 Laws--Alexander Wagenaar and Traci Toomey
- Comprehensive Interventions--Ralph Hingson
- Advertising and Promotion--Henry Saffer
- Methodology--Robert Saltz
- Description of Ongoing Policies and Practices--William DeJong
- Counter-Advertising and the Use of Media for Health Promotions--William DeJong
- Student Perspectives--Peggy Eastman
- Politics of Change and Leadership: Questions and Answers with College Presidents--Joy Mara